



The voice of the

HWARANG



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For the warriors of RSO&I 2005

March 21, 2005

Putting food mission first for RSO&I 05

Story by

**Pfc. Marcos Alices Kinch and
Pvt. Alexandra Hemmerly-Brown**

Imagine getting up at 3 a.m. to cook and serve breakfast for more than 500 Soldiers. It sounds like an undesirable job, but for the kitchen staff at Camp Walker's Taegu Mountain Inn, it is business as usual.

With the addition of about 755 extra servicemembers with this year's Reception, Staging, Onward, Movement, and Integration at Camp Walker, the dining facility's staff here has had to work harder and longer hours, but their mission has stayed the same, said Sgt. 1st

Class Charles D. Brown, senior foodservice operations manager for the dining facility.

"Since March 7, the participating servicemembers boosted the number of servicemembers served at lunch from about 250 to 575 per day," said Sgt. Eric L. Lampley, a rations NCO at the dining facility.

"The usual operations at Camp Walker's dining facility are set up to cater to about 1,200 servicemembers on a daily basis," said Brown. "But during RSO&I,

the number of people to feed nearly triples," he said.

To prepare for the exercise, the dining facility began training new civilian employees on Mar 1. The civilian employees are brought in to help with the month-long exercise and work along with the permanent kitchen staff.

"Sometimes the addition of

said Brown. In a foreign duty station, servicemembers expect and should receive the foods that they are used to eating stateside. "Although the ordering and acquiring of American foods might be difficult in Korea, the dining facilities make it a priority to help the servicemembers feel more at home in a foreign place," Brown said.

"Even though dining facilities make a huge effort, that effort is not always recognized," said Brown.

"For the most part, 99.9 percent of the people that come through here have nothing but good things to say. The bad things, you have to hear them too. It just comes with the job, the fact that you cannot please everybody," Brown said.

Although it may seem that working in a dining facility may go unnoticed and unappreciated, the employees have a way of knowing when they are doing the right thing.

"When there's no complaints, that's when I know I've done a job well done," said Lampley.



Photo by Pvt. Alexandra Hemmerly-Brown

Pfc. Tamra Kurth, 8th Army 19 Theater Support Command Dining Facility, serves Soldiers participating in RSO&I on 19 Mar.

contracted staff is difficult because of the communication barrier, and the fact that the new employees may not have the prior experience needed to work in a dining facility," said Brown. "But so far, the mission has always prevailed," he said.

"Our mission as a dining facility is to provide cafeteria-style quality foods to Soldiers, one hundred percent," said Brown.

"The mission of a dining facility is sometimes hard to meet because of prior expectations that the servicemembers might have,"

New Meal hours

**Camp Walker DFAC hours
from Mar 20 to Mar 25**

Breakfast: **0530 to 0830**

Lunch: **1100 to 1300**

Dinner: **1700 to 2000**

Midnight: **2230 to 0030**





Chaplain's Corner

by Chaplain (Col.) Michael W. Malone

"Lord, Give me patience NOW"

Americans are anything but patient. If you stand in a line at a department store and you will quickly notice people's lack of patience. We like instant everything and don't want to patiently wait for anything. We pay a large price for our impatience. Our stress increases and takes a toll on our bodies. Road rage is a direct result of impatience tied to anger. However, patience, not impatience, is a valuable quality that endures forever. Saint Paul wrote that patience is a product of the Holy Spirit. "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law (Galatians 5:22-23)." When you cultivate patience,

you also increase the level of your peace. When one's body is at peace rather than in turmoil or stress, it becomes stronger and healthier. Patience comes when we don't demand our way but give others a break. It also comes when we place the other person and their needs first. Patience is a holy and godly quality which wise people diligently seek. Pray for patience and God will send you circumstances which will help you become a patient person. May the Holy Spirit give you the grace you need so that you will be patient in all circumstances and find God's peace.

Web Logs

The Hwarang staff would like to write a story about online web logs. Anyone who operates a Blog should call Spc. Love at 764-3501. Websites like Cyworld and Naver are the Korean version of web logs. We would like to have KATUSA and U.S. soldier's perspectives.



Voice of the Hwarang Staff (MAR 2005)

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Needed : 'high speed 42A/L's

MSG Gregory from the Office of the Chief of the Staff of the Army would like to set up an interview date with Soldiers (42A/L) who meet the following qualifications.

1. SPC-SSG(SSG no more than 1 year TIG)
2. MOS-42A/L
3. Secret Clearance /w the ability to upgrade to TS
4. No derogatory information within the Soldiers file
5. Financially stable for a high cost of living area
6. Good customer service demeanor
7. ASI of E3 (if possible)
8. DEROS within the next 4 months (regardless of assignment instructions)

The Soldier needs to bring a copy of the following:

- ERB
- DA Form 705
- Last (5) NCOERs - ALL NCOs
- DA Form 1059 - from any NCOES Schools attended

Contact with : 724-7936, e-mail : pia.thompson@korea.army.mil



Photo by Pvt. Lee, Jung-woo

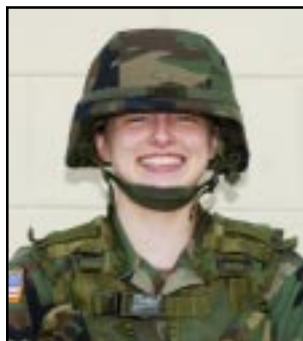
Spc. Gerry Bielicki, 903rd Military Working Dog Department, makes a search during a security check of CP OSCAR with an Explosive Detection Dog on 19 Mar.

Voice of Warriors: *What advice would you give to service members who come to this exercise for the first time?*



Sgt. Grantham David
Administrative NCO
8th Army Inspector General

"Soldiers with families need to keep positive contact and make sure they are taken care of while at RSO&I. This is a readiness issue, also."



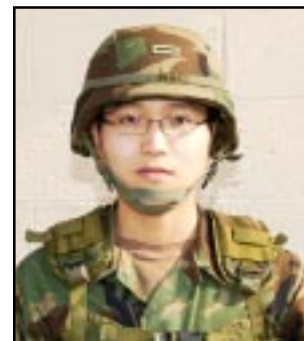
Pvt. Michelle Hard
Admin specialist
8th Army G-5

"Be prepared for anything. It's a blast, bring music and CD player to sleep at night. Most of all, an open mind, because anything can happen."



Capt. Jack Marks
Operational Law Attorney
8th Army SJA

"I would advise them to be open-minded and experience some of the great things the Korean culture has to offer."



Pvt. Jo, Hae-Chan
Information Management Specialist
8th Army G-5

"This is my first exercise. But I'll suggest to bring some, alarm, nail cutter, shower shoes, library card and MP3 player."



Emergencies and medical treatments

Story by
Pvt. Shim, Yung-sik

Soldiers can face danger in any type of mission. Sometimes emergencies occur when they are marching, running, conducting field exercises or even resting. No one knows what could suddenly happen to anyone, so it is a good idea to learn about life saving technique.

What do you do if an emergency situation occurs? First, figure out whether this situation an emergency or not. If it is urgent, you have to find out what is wrong and the condition of a casualty. Third, you have to quickly call for an ambulance. Some people get so embarrassed that they miss the right time to call 119. You must know that by carrying the casualty with a common vehicle can cause serious damage. Fourth, if the

casualty is in a danger area, move the casualty to a safe place. But, remember that any unnecessary movement will cause more problems. Then, give the casualty medical attention. First-aid can help save the casualty's life.

Now let's find out what kind of emergencies there are and what medical treatments to use in those cases.

1. Patient falls into a coma: If the patient loses consciousness, the first thing to do is make sure he is breathing. The tongue might block the airway, so clear it and try cardiopulmonary resuscitation (CPR).

2. Hypothermia: Hypothermia is a condition in which drops body temperature making a person weak and sleepy. There is no special medicine for this. However, casualties can be recovered by using hot water and making the body

warm. If the patient has passed out, change him into dry clothes and make the patient drink hot sugar water. Then, put the patient into the sleeping bag and tell him to relax.

3. Sprained ankles: When a person sprains an ankle while marching or hiking, it is best to stop before the injury gets worse. First, put the injured limb higher than the heart to stop swelling. Secondly, put ice or cold water around the injured part for 48 hours. But if that can't be done, then use a pressure bandage to hold the part and move on.

Danger is always near, especially while training or during missions and anything could happen. First-aid and quick medical treatment can help and may rescue lives, but the best way to avoid danger is to be careful.

Weather for Daegu, South Korea

MARCH 21



Hi Low
50 F 43 F
10 C 6 C



MAR 22

Hi Low
48 F 34 F
9 C 1 C

MAR 23



Hi Low
46 F 34 F
8 C 1 C



courtesy photos

Right now, on the peninsula

Combat tactical vehicles to be transported to Pyongyang during RSO&I/ Foal Eagle by railroad through Gwang-yang port terminal.